



West Des Moines Fire Department, 3421 Ashworth Rd., WDM, IA 50265

515-222-3420 [fire@wdm.iowa.gov](mailto:fire@wdm.iowa.gov) [www.wdm.iowa.gov/fire](http://www.wdm.iowa.gov/fire)

## Air Consumption Training

Crews participated in an air consumption drill implemented by the Training Bureau. It was modified from last year's drill in order to gauge relative fitness levels among personnel while adequately meeting Accreditation requirements for department Wellness /Fitness Programs, Performance Indicator 7G.7.

The data accrued from this drill is to provide a more accurate snapshot of department fitness levels and be a baseline for measuring the effectiveness of future wellness/fitness training. Stay tuned...



Lt. Hufford sandbag ground/overhead

### UPCOMING DATES

February 1 – Association Meeting 19:30

February 2 – Ground Hog Day

February 7 – Union Meeting 19:00

February 14 – Valentine's Day

February 20 – President's Day – Admin  
Offices Closed

February 25–26 Winter Fire School Ames



D/O Hostetter ladder climb

## January Incidents

Rescue and EMS – 120 (down 12)

False Alarms – 60 (down 20)

Good Intentions – 50 (up 20)

Fire – 9 (up 2)

Hazardous Condition (no fire) – 19 (up 4)

Service – 13 (down 2)

Special Incident Type – 0 (same)

Overpressure, Explosion, Etc. (no fire) – 1  
(down 1)

Severe Weather & Natural Disaster – 0  
(same)

### ***Educational Achievements***

*NREMT Paramedic/EMT Refresher  
Certification*

Derrik Bingham, Travis Boots,  
Jeff Palmer, Matt Lehman, Josh Schut,  
Neil Weglarz, Brad Kain



FF Gaumer hose drag and tool carry

